

	Stage 1 (Green)	Stage 2 (Blue)	Stage 3 (Purple)		Stage 4 (Orange)	Stage 5 (Red)	Stage 6 (Yellow)
Floor	Rock & Roll - to stand	Forward roll - to stand	Forward roll to stand - No hands		Backward roll off panel mat	Backward roll	Handstand forward Roll - straight arms
	Pike handstand - Feet against the wall	3/4 Handstand, 1 leg to vertical	Cartwheel over box		Full handstand	Bridge kick over	Backbend kick over
Bars	Monkey along High Bar	Skin the Cat	Forward roll over bar		Cartwheel (arms by ears)	Cartwheel to closed feet	Round off
	Front Support Hold	Front support walking	Circle up from slope		Jump catch swing from box to high bar	Roll forward with straight arms to tuck	Back hip circle
	3 tuck swings - Low Bar	3 swings with regrips	L hold for 2 secs		Casts x 3	Circle Up	Straddle undershoot
Beam	Front support to straddle sit mount	Knee scale	Bunny-hops along beam		3 Swings with regrips on high bar	Glide swing	Jump from low to high bar
	Walk forwards	Walk forward , on toes	Walk on toes, backward		Straddle hold mount	Step Hops	Swing to pull over on high-bar
	Straight Jump to dismount	Balance on 1 foot - Toe on knee			Passè Steps	Arabesque	Stride Jump
Vault	Safe landing from 60cm	Jump backwards from 60 cm to safe landing	Jumps 1/2 turn from 60 cm to safe landing		1/2 turn & Straight Jump	Straight Jump, change feet	Cartwheel dismount
	Run & 2 foot Jump off beat board	Run, jump over 30cm box to land on 30cm mat	Run, stretch jump to 30cm mat		Run, dive roll from beat board down slope	Run, dive roll over object to 30cm mat (must show flight)	Run, handspring flat back onto 60cm mat
					Run, stretch jump over 30cm box with arm swing to 30cm mat	From standing, handstand flatback to 30cm mat	Front Salto from mini tramp to fat mat